



COVID-19 Message Grid

15 March 2022

This contains the most up-to-date and approved messaging on key COVID-19 matters.

Information that changes or is added between grids will be highlighted. Please ensure you are using the most up to date version.

This version was current at 15/03/2022 5:44 pm.

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Unite Against COVID-19

Topic	Key Message	Supporting Messages	Notes
Testing update	Testing continues to play an important part of the response to COVID-19.	<p>People who are symptomatic, should stay home and get a test.</p> <p>If someone tests positive for COVID-19, they are required to isolate for 7 days. If they still have symptoms after 7 days, stay home until feeling better and then wait an additional 24 hours.</p>	MoH PR, 15 March

		Household contacts should also stay at home, have tests at day 3 and 7 or earlier if they develop symptoms.	
Registering RAT test results	It is essential people continue to register their positive or negative RAT results.	<p>This is best way to give public health officials an overview of case numbers in particular areas of New Zealand.</p> <p>Test results are also important if people’s condition worsens and they require additional healthcare.</p> <p>How to report your RAT results Unite against COVID-19 (covid19.govt.nz)</p>	MoH PR, 14 March
Long COVID update	Most people who develop COVID-19 recover completely	<p>There are a number of people who continue to have symptoms of COVID-19 after 12 weeks of their infection, this can be considered long COVID.</p> <p>Symptoms of long COVID may include; low energy and fatigue, shortness of breath and cough, headaches, low mood, difficulty concentrating (brain fog), ongoing chest pains, racing pulse, aches and pains in muscles, ongoing changes to sense of smell and taste, and poor quality of sleep.</p> <p>The key thing to do if suffering from these symptoms is to chat to a doctor.</p> <p>There is ongoing research internationally on the effects of long COVID. Researchers are also looking at ways of treating long COVID. The Ministry of Health will provide further advice based on international evidence and are funding a study by Victoria University of Wellington to assess the long-term effects of COVID on people in New Zealand. 8000 people have been invited to take part in this study.</p> <p>Its estimated 1 in 10 people feel symptoms of long COVID 12 weeks after infection.</p>	Dr Ian Town, MoH stand-up, 15 March
Health update	Hospitalisations, cases and testing	<p>Hospitalisations</p> <p>There are currently 960 people in hospitals across New Zealand.</p> <p>22 cases are in high dependency or intensive care units.</p>	MoH web, 15 March

Deaths

There are two additional deaths of people with COVID-19. One death occurred in Southern and one in Capital & Coast DHBs. Both people, one man and one woman, were aged over 70.

Cases

There are 21,616 new cases in the community and 17 new cases identified at the border.

Testing

317 cases were identified through PCR testing and 21,316 via RAT in the last 24 hours.

Tomorrow positivity rates for RATs will be published broken down by DHB.

Vaccinations

Topic	Key message	Supporting messages	Notes
Booster programme update	Yesterday 5,954 booster doses were administered in New Zealand	<p>The total number of people who have received boosters – including those vaccinated overseas – is 2,524,117 boosted (72.8% of those eligible).</p> <p>950,000 people who are eligible have not had their booster yet. Just 16% of people admitted to hospital had their booster at least 2 weeks prior to admission. Evidence is clear that having a booster protects people from hospitalisation and death.</p>	MoH web, 15 March
Vaccination progress	95.3% of eligible people in New Zealand have had two vaccine doses	<p>Vaccines administered in New Zealand yesterday: 224 first doses; 478 second doses; 47 third primary doses.</p> <p>People vaccinated (including those vaccinated overseas): All Ethnicities (percentage of eligible people aged 12+): 4,069,076 first dose (96.7%); 4,012,238 second dose (95.3%), 2,524,117 boosted (72.8% of those eligible).</p>	MoH web, 15 March

Paediatric vaccines	360 paediatric first doses and 3,520 paediatric second doses were administered yesterday	<p>To date, 254,351 paediatric first doses and 11,556 paediatric second doses have been administered in New Zealand.</p> <p>Detailed information on COVID-19 vaccines for children can be found at the MoH and UAC websites:</p> <p>COVID-19 vaccine and children: Information for parents and caregivers Ministry of Health NZ</p> <p>How children and young people can get vaccinated Unite against COVID-19 (covid19.govt.nz)</p>	MoH web, 14 March
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International travel

Topic	Key message	Supporting messages	Notes															
Quarantine Free Travel	Change in requirements for specific flights from Vanuatu	<p>Passengers from specific Vanuatu flights are required to do a Day 0/1 and a Day 5/6 RAT test on arrival in New Zealand. Aircrew are exempt from these requirements.</p> <p>This is because of a public health risk assessment that was undertaken on the current outbreak of COVID-19 in Vanuatu.</p> <p>This testing requirement applies to the following flights</p> <table border="0"> <tr> <td>20 March</td> <td>NF956</td> <td>Christchurch</td> </tr> <tr> <td>24 March</td> <td>NF950</td> <td>Auckland</td> </tr> <tr> <td>26 March</td> <td>NF850</td> <td>Auckland</td> </tr> <tr> <td>28 March</td> <td>NF956</td> <td>Christchurch</td> </tr> <tr> <td>31 March</td> <td>NF950</td> <td>Auckland</td> </tr> </table> <p>For passengers on these flights, the requirements for quarantine free travel to New Zealand prior to boarding remain the same.</p>	20 March	NF956	Christchurch	24 March	NF950	Auckland	26 March	NF850	Auckland	28 March	NF956	Christchurch	31 March	NF950	Auckland	MoH update, 14 March
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Reconnecting New Zealand to the World	A reminder that travellers must complete the Nau Mai Rā traveller declaration form	<p>All travellers must complete the traveller declaration (Nau Mai Rā) before travelling to New Zealand, unless they are entering managed isolation and quarantine (MIQ).</p> <p>Travellers will be asked to provide evidence they have completed the declaration when they check-in at the</p>	UAC website															

airport and by Customs when you arrive in New Zealand.

[Nau Mai Rā \(covid19.govt.nz\)](https://www.covid19.govt.nz)

Reconnecting New Zealand to the World

Reminder that My Vaccine Pass is proof for entry to most events and many businesses, like hospitality in New Zealand

Travellers who need a My Vaccine Pass and have had their COVID-19 vaccination overseas, can apply to the Ministry of Health using the overseas vaccine submission form.

Not all COVID-19 vaccines will make you eligible for a My Vaccine Pass. There may be additional vaccination requirements.

It may take 2 weeks to process My Vaccine Pass for people vaccinated outside New Zealand. If travellers have been vaccinated with 1 of the approved vaccines, it is a good idea to begin the process before they depart for New Zealand.

[Overseas vaccine submission | Ministry of Health \(covid19.health.nz\)](https://www.covid19.health.nz)

UAC website